

We claim:

1. A method of promoting lean body mass in an individual, comprising administering to the individual a lean body mass promoting effective amount of forskohlin.

2. The method of claim 1, wherein the forskohlin is administered in a daily dose of about 10 to about 60 mg.

3. The method of claim 2, wherein the daily dose is divided into a plurality of individual doses.

4. The method of claim 1, wherein the forskohlin is administered in an individual dose of about 10 to about 20 mg.

5. A method of treating a mood disorder in a patient in need of such treatment, comprising administering to the patient a mood disorder treating effective amount of forskohlin.

6. The method of claim 5, wherein the forskohlin is administered in a daily dose of about 10 to about 60 mg.

7. The method of claim 5, wherein the daily dose is divided into a plurality of individual doses.

8. The method of claim 5, wherein the mood disorder is selected from the group consisting of depression and anxiety.

9. The method of claim 5, wherein the forskohlin is administered in an individual dose of about 10 to about 20 mg.

10. A composition suitable for promoting lean body mass and/or treating a mood disorder, comprising about 1 to about 40% forskohlin in combination with at least one physiologically acceptable carrier or excipient.

11. A composition as claimed in claim 10, wherein the composition comprises about 5 to about 20% forskohlin.

12. A composition as claimed in claim 10, wherein the composition comprises about 8 to about 15% forskohlin.

1 13. A composition as claimed in claim 10, wherein the composition
2 comprises about 10% forskohlin.

1 14. A method of preparing a forskohlin composition from a forskohlin
2 extract of Coleus Forskoli plant, comprising:

3 (a) providing a forskohlin extract of Coleus Forskoli plant;
4 (b) dissolving the forskohlin extract in a first solvent;
5 (c) thereafter separating an amount of forskohlin from an amount of
6 impurities in a step comprising combining the product produced in step (b) with a
7 second solvent, wherein the amount of forskohlin is insoluble in the second solvent
8 and the amount of impurities are soluble in the second solvent; and

9 (d) preparing a forskohlin composition by combining the amount of
10 forskohlin obtained in step (c) with at least one physiologically acceptable carrier or
11 excipient to produce a forskohlin composition having a predetermined forskohlin
12 content.

1 15. The method as claimed in claim 14, wherein step (a) comprises
2 subjecting Coleus Forskoli roots to extraction using an extraction mixture comprising
3 toluene and methanol in a ratio of about 100:1 to about 100:2.

1 16. The method as claimed in claim 14, wherein in step (c), the
2 product produced in step (b) is combined with the second solvent at a ratio of first
3 solvent to second solvent ranging from about 1:10 to about 1:20.

1 17. The method as claimed in claim 16, wherein after step (c), the
2 method further comprises combining the product produced in step (b) with the second
3 solvent at a ratio of first solvent to second solvent of about 1:25.

1 18. The method as claimed in claim 14, wherein step (c) is repeated
2 at least once.

1 19. A forskohlin composition prepared by the method as claimed in
2 claim 14.

1 20. The forskohlin composition as claimed in claim 19, wherein the
2 composition comprises about 1 to about 40% forskohlin.

1 21. The forskohlin composition as claimed in claim 19, wherein the
2 composition comprises about 5 to about 20% forskohlin.

1 22. The forskohlin composition as claimed in claim 19, wherein the
2 composition comprises about 8 to about 15% forskohlin.

1 23. The forskohlin composition as claimed in claim 19, wherein the
2 composition comprises about 10% forskohlin.

1 24. A method of promoting lean body mass in an individual,
2 comprising administering to the individual a lean body mass promoting effective
3 amount of the forskohlin composition as claimed in claim 19.

1 25. A method of treating a mood disorder in a patient in need of such
2 treatment, comprising administering to the patient a mood disorder treating effective
3 amount of the forskohlin composition as claimed in claim 19.

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